



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 10

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:31:10

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 116 (of 370)

Rank in course/Men: 104 (of 317)

Best time in course: 1:45:06

Rank in category: 25(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total km | Total Time | Total min/km | Total ranking | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | | | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 3.30 | - | - | 73 | | 311 | | 3.30 | - | - | 73 | | 311 | |
| Schlüsie | 3.10 | - | - | 73 | | 311 | | 6.40 | - | - | 73 | | 311 | |
| Hermannsklippe | 2.60 | - | - | 73 | | 311 | | 9.00 | - | - | 73 | | 311 | |
| Brocken | 3.10 | - | - | 73 | | 311 | | 12.10 | - | - | 73 | | 311 | |
| Eiserner Handwe | 3.60 | - | - | 73 | | 310 | | 15.70 | - | - | 73 | | 310 | |
| Schlüsie | 4.00 | - | - | 69 | | 289 | | 19.70 | - | - | 69 | | 288 | |
| Loddenke | 3.20 | - | - | 73 | | 309 | | 22.90 | - | - | 73 | | 309 | |
| Ilseburg/Markt | 3.30 | 2:31:10 | 45:48 | 73 | 2:18:30 | 310 | 2:20:07 | 26.20 | 2:31:10 | 5:46 | 25 | 29:49 | 104 | 46:04 |